PLEASE TEAR ONE OFF TO TAKE WITH YOU

June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	
June 20th 2026	Power Down	Turn off your device for Powerdown Day. Pause for a Cause. Donate just £1+ to help our work with vulnerable young adults to boost their self esteem & confidence. Receive a 101 FREE tips e-booklet & video packed with ideas on things to do instead of surfing online.	https://bit.ly/HSDPowerdown	